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ABSTRACT

Presented is a social living curriculum for educable retarded secondary students. Outlined are procedures for teaching the following eight units: self concept and social attitudes, leisure time, communications, safety and first aid, health and physical fitness, citizenship participation, money and financing, vocational and occupational needs, drug abuse, human development, and marriage and the family. Examples of specific topics covered include prevention of kitchen accidents (safety and first aid) and weight control (health and physical fitness). (CL)

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SOCIAL LIVING:
a curriculum for the Educably Mentally Retarded student at the secondary level

a research project in curriculum development:
Fitchburg State College, 1974

Fitchburg, Mass.

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"Learning to understand one's self and to get along with others involves the essential habits, attitudes and skills necessary to understand and adjust to one's strengths and weaknesses, to develope moral and spiritual values basic to our democratic society and the ability to get along with others (such as peers, family, groups, authorities, opposite sex, strangers, etc.) in social relationships."*
This excerpt from the Wisconsin State Curriculum for the Educably Mentally Retarded describes briefly and accurately the authors's objectives in writing this curriculum. This curriculum is designed to prepare the students to be responsible, creative and independant adults, and it is in this way that their needs can best be met.

* permission granted from Kenneth Blessing gratefully acknowledged

INTRODUCTION TO THE TEACHER

This curriculum is based on the assumption that social living is the main concern of the Educably Mentally Retarded student at the secondary level. It is within the context of social living that we have attempted to succussfully meet the needs of these students. The curriculum has been divided into eleven units, each designed to deal with a major aspect of social living.

The first unit, Self Concept and Social Attitudes, attempts to help the student become aware of himself as an individual, aware of his goals and values, of his strengths and weaknesses, and of his limitations. The teacher should try to instill the attitude that a healthy self concept is benificial to the well-being of the individual. It is the understanding of the authors that a healthy self concept leads to a more effective use of one's time, and it is with this in mind that the teacher should approach the unit, Leisure Time.

The unit, Communication, is intended to aid in the personal growth of the students by making them aware of their environment through the communication skills of reading, writing, and speaking.

The unit, Safety and First Aid, should make the student aware of the various safety precautions essential to daily living and instill an attitude of

sensible safety. In dealing succussfully with his environment, the student should also be informed on how to react effectively to emergency situations. To insure one's physical well-being involves proper maintainence of the body as outlined in the unit, Health and Physical Fitness.

In discussing Citizenship Participation, the teacher should instill a sense of community involvement in the student by making him aware of his rights and obligations as a citizen. It is hoped that this review of citizenship participation will give the student a healthy attitude toward laws and the democratic system.

Effective management of one's income is a major concern of the E. M. R. student. The unit, Money and Financing, is intended to guide the student toward the most profitable use of his money. When approaching the unit, Vocational and Occupational Needs, keep in mind that these students will be entering the job market after the completion of their secondary education. It is important to expose them to a variety of career possibilities and what is involved in selecting and maintaining a job.

A thorough and objective education of drugs and drug abuse is important because the environmental and psychological problems of these students may make

them more susceptable to the abuse of drugs. By presenting the facts as rationally and realistically as possible it is intended that the student will have a sensible attitude toward drug use.

The unit, Human Development, is intended to give the student a healthy and objective outlook on human sexuality. The teacher should approach the topic with openness and honesty, and should encourage a similar response from the students. The teacher may also wish to include the parents in this program in order to foster wholesome attitudes within the context of parent-child relationships. The unit, Marriage and the Family Unit, completes the discussion of human development by investigationg the intricate and binding relationship of a marriage. It is important that the students understand that marriage is a permanent relationship bound by each partner's total commitment to the other.

All too often, the Educably Mentally Retarded student is left with a feeling of helplessness, incompetence and detachment upon completion of his accademic carreer. We feel that this curriculum can help the student evaluate himself with a more positive outlook of himself in relation to his social environment. It is the objective of this curriculum to equip the student with the skills and attitudes necessary to function effectively in society.

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Unit-I. Self Concept and Social Attitudes

A. Discuss and define self-concept

1. recognize the importance of knowing one's self

2. realize that one's personality is made up of many emotions that may at times conflict

B. Discuss factors that go into developing a self-concept

1. Attitudes and actions of parents, peer groups, teachers and other authority figures

2. Socio-economic position as seen by other members of the community

3. Image of the ideal individual portrayed by the media as related to the students actual position

4. Success and failure

C. Discuss the relationship between self-concept and other-concept

1. Other-concept develops before self-concept

2. One's self-concept as in relation to the concept of others

3. One's self-concept and his concept of others may at times present confusion

D. Discuss the relationship between self-concept and social interaction

1. Positive self-concepts tend to lead towards less conflicting life-styles

2. Negative self-concepts tend to lead towards conflicting life-styles

3. Undefined self-concepts tend to lead towards confusing life-styles

4. Adjustment to social situations is directly related to self concept

a. quality of any relationship is defined by the self-concept of those involved

1. family relationships

2. peer group relationships

3. school centered relationships

4. community relationships

b. Consistency and duration of any relationship depends on an understanding of the self-concept of those involved

E. Discuss effective ways of dealing with emotions

1. dealing with positive emotions

a. recognize the importance of expressing positive feelings

b. recognize that there are limitations in expressing positive feelings

2. dealing with negative emotions

a. recognize the importance of constructive expressions of negative emotions or feelings

b. recognize that other peoples feelings must be considered

c. recognize that the expressions of negative emotions can easily be misinterpreted and get out of hand

3. dealing with failure
   a. recognize that failure is not uncommon
   b. failure should not lead to giving up one's goals
   c. it is important to look at failure as a learning experience
   d. failure should not always be expected because of previous experiences
4. dealing with success
   a. success can be an important factor in developing one's self-concept
   b. success can also lead one to develop over-expectations concerning his capabilities

Unit-II. Leisure Time

A. Define and discuss the importance of leisure time

1. recognize that leisure time is a very important part of modern living

2. the major goal of leisure time is relaxation

3. leisure time does not necessarily involve activity

4. effective use of leisure time can lead to a more rewarding life

B. Discuss the problems of boredom

1. boredom is an unfulfilling use of time

2. boredom can lead to delinquency

3. excess boredom can lead to unnecessary frustration and depression

C. Discuss the variety of leisure time activities available in the home, school and community

1. music

a. learning to play a musical instrument

b. listening to records

2. television enjoyment

3. reading

4. writing

a. pen-pals

b. creative writing

5. model building

6. household repairs and improvements

a. re-arranging furniture

b. improving decor

c. mechanical improvement

7. automotive improvement
8. woodworking
9. painting
10. handicrafts
    a. decoupage
    b. clay
    c. needlepoint
11. individual sports
    a. swimming
    b. walking or running
12. group sports
    a. bowling
    b. baseball
    c. basketball
13. dancing
14. entertainment
    a. movies
    b. theatre
    c. concerts
15. collections
16. outdoor activities
    a. hiking
    b. fishing and hunting
    c. picnic
    d. boating
17. tours
    a. museums
    b. local points of interest

18. parties and social gatherings

D. Discuss leisure time activities during vacation periods

1. travel

a. planning and preparing for a trip

1) deciding where to go

2) travel agents

3) reservations

4) estimating expenses

b. arrival

1) locating important places

a) restaurants

b) banks

c) laundromats

d) churches

e) transportation services

2) tours and excursions

a) points of interest

b) museums

c) monuments

3) visiting friends or relatives

2. activities in home and community

a. entertaining friends or relatives

b. planning projects or activities

Unit-III. Communications

A. Discuss the importance of sending communications

1. written

a. informal letters to keep in touch with friends and relatives

b. formal letters

1) invitations

2) thank-you notes

c. business letters

1) job applications

2) to send payments due

d. mail orders to shop by mail

2. oral

a. speaking in conversations

b. making telephone calls

B. Discuss the importance of receiving communications

1. written

a. informal letters

b. formal letters

c. business letters

1) bills

2) bank statements

d. newspapers and magazines

1) to gain awareness of local and national events

2) as a means of advertising

2. oral

a. listening to conversations

b. receiving telephone calls

c. radio and television

1) as a form of entertainment

2) as a news source

3) as a means of advertising

C. Discuss the importance of discriminating between different types of messages being sent

1. newspapers and magazines express particular points of view

a. Readers Digest

b. Playboy

2. radio programming tends to lead toward a limited range of views

3. television programming tends to lean toward a broader range of views

4. techniques used in advertising

a. hard sell

b. soft sell

c. become aware that advertisers tend to exagerate the benefits of their products in order to attract more customers

d. advertisers tend to direct their messages to a particular group of people

D. Discuss the fact that movies and television programs tend to exagerate real life situations

1. violence is often glorified and unrealistically portrayed

2. family situations on television are often over simplified and unrealistic

E. Discuss the impact of popular music in forming concepts regarding life, society, etc.

1. become aware that popular music may advocate attitudes and behavior which are not accepted by society
2. review the lyrics of certain influential composers to determine their effects on culture and society
   a. the Beatles
   b. Bob Dylan

Unit-IV. Safety and First Aid

A. Discuss the prevention of kitchen accidents

1. preventing burns
   a. keeping children away from stove
   b. covering hot burner after their use
   c. pointing pan handles on stoves away from traffic patterns
   d. taking precautions to prevent grease build-ups on stove or ovens
   e. not allowing hot objects to lie near edges of sink boards
   f. use of holder to handle hot pans
   g. keeping all cooking utensils in good repair
2. storing knives and other sharp objects
3. storing dangerous household products out of reach of children
4. using utensils carefully
   a. peeling motion away from body with knife
   b. not cutting down on an object held in hand
   c. not using chipped glass
   d. not allowing electrical appliances to be near water
   e. using can openers cautiously
5. handling glass with care
   a. storing glass goods so they will not fall from shelves
   b. picking up all broken glass
   c. not using food products stored in cracked glass

B. Discuss the causes of bathroom accidents

1. soap lying on the floor of shower or tub
2. electric shavers or radios used near water
3. bathroom heaters burning close to hampers, and towels
4. storage of razors, used blades, scissors, and medicines
5. spread of disease through careless use of contaminated bathtowels and drinking cups
6. highly flamable sprays used near heater coils or pilate lights
7. slippery throw rugs on bathroom floor
8. not using bathmats

C. Discuss the causes of accidents occurring in other rooms

1. slippery throwrugs
2. tables and chairs used as ladders
3. careless lifting
4. use of broken chairs and tables
5. objects projecting from floors, walls or furniture that can catch, trip or poke people
6. sharp edges
   a. garbage cans with jagged edges
   b. loose screws
   c. garage tools
7. carelessness resulting in home fires
   a. overloaded sockets

b. extention chords lying under rugs

c. lamps and appliances with frayed chords

d. goods stored on shelves too close to a lighbulb

e. smoking in bed

f. matches stored where children can reach them

g. grease build-ups in oven and stove

h. using flammable materials near stove burners, fireplace and barbecue fires, bathroom heaters, or water heaters

i. rejection of advise from the fire department regarding protection procedures

1) number of local fire department next to telephone

2) two pound coffee can full of baking soda placed near stove

3) hose connected near house

4) knowledge of location of fuse box

5) method of smothering clothing fire by rolling on ground or wrapping burning person in blanket

D. Discuss protection of home from burglers

1. good locks on doors and windows

2. special locking and warning devices sold commercially

3. never opening a door to a stranger for any reason

4. lights as a protection against burglars

E. Discuss accidents to children resulting from toys

1. swallowing parts of toys

a. buttons on rag doll eyes

b. tires on toy cars

2. chewing on objects coated with lead based paint

3. playing with dangerous toys

a. swings and slides with jagged edges

b. bows and arrows, B.B. guns, and dart games

F. Discuss accidents occurring outside the house

1. in the yard

a. careless use of lawnmower, snowblower, etc.

b. leaving gardening tools lying around

c. improper use of insecticides

2. in the garage

a. flammable materials not stored properly

b. carbon monoxide poisoning resulting from running car in closed garage

c. improper use of automotive jacks

3. not paying attention to warning signs

a. thin ice

b. restricted swimming because of polluted water or undertow

c. traffic signals

d. high voltage warnings

G. Discuss first aid

1. keep a well stocked first aid cabinet handy for treatment of household injuries

a. burns

1) first aid ointments and petrolium jelley

2) gauze bandages

3) baking soda

4) bandage tape

b. cuts and scrapes

1) disinfectants

2) bandages and band-aides

3) cotton

4) tourniquite for use in cases of severe bleeding

c. muscle sprains

1) ace bandages

2) epsom salts

3) splints

d. other household injuries

1) aspirin

2) Ipecac

3) bicarbinate of soda

2. knowledge of proper use of contents of first aid cabinet and other medicines

3. keep all medicines out of reach of children

4. keep numbers of physician, local hospital emergency room, and ambulence easily available

5. proper use of medical services

a. knowing when to contact physician

b. knowing how to select physician

c. knowing when to call an ambulance

Unit-V. Health and Physical Fitness

A. Discuss the relationship between food intake and health

1. Problems caused by obesity
   a. heart conditions
   b. personality difficulties
   c. inability to enjoy physical activities and other situations where coordinated movement is necessary
2. problems caused by being underweight
   a. anemia and other blood conditions
   b. personality difficulties
   c. inability to join strenuous physical activities
3. proper eating habits
   a. proper portions of the four basic food groups
      1) breads and cereals
      2) milk products
      3) fruits and vegetables
      4) meats and fish
   b. importance of three well balanced meals daily
   c. define and discuss the importance of vitamins, minerals, proteins, carbohydrates and fats
   d. awareness of "junk foods" being marketed and advertising being used
      1) breakfast cereals, snack foods, party

foods and soft drinks usually contain minimal amounts of nutrition

a) advertising usually directed at children

b) parent responsibility to avoid "junk foods"

2) effects of eating excessive amounts of "junk foods"

a) dental decay

b) poor health from improper nutrition

4. weight control

a. weight loss

1) discuss ineffective methods of reducing weight

a) fad diets

b) formula diets

c) drugs and reducing pills

d) reducing clubs

2) dieting under the supervision of a physician is the most effective way of reducing substantial amounts of weight

b. planning a weight gain program

1) consult a physician for check-up

2) high calorie diet

3) importance of eating every meal

4) importance of proper amounts of sleep and exercise

B. Discuss the relationship between exercise and health

1. the importance of exercise

a. increases stamina

b. strengthens heart, lungs and other muscles

c. increases alertness

d. leads to better sleeping habits

2. the importance of exercising properly

a. exercise according to individual ability

1) over acertion can be harmful

2) taking into account physical problems when planning exercise programs

3) consulting physician before beginning exercise programs

b. choosing a structured exercise program

1) joining local YMCA or other health clubs

2) Royal Canadian Air Force Plan

3) aerobics program and various sports.

C. Discuss the relationship between personal hygiene and health

1. general care of eyes

a. reduce irritation from sun glare by use of sunglasses

b. wear protective glasses when exposed to foreign particles in the air

c. consult physician in case of eye ailments

2. general care of ears

a. avoid exposure to loud, high-pitched or prolonged noise

b. wash ears daily to avoid wax build-up

c. avoid too vigorous blowing of nose when congested

3. general care of skin
   a. proper diet, rest, cleanliness, and exercise
   b. avoid over exposure to sun
   c. lotions which tan the body chemically may be harmful
   d. careful selection of cosmetics
4. general care of the mouth
   a. brush regularly
   b. see a dentist regularly
   c. use antiseptic mouth wash in case of minor mouth and throat disorders
5. general care of the body
   a. bathing regularly
   b. using deoderant
   c. proper grooming
   d. wearing clean clothes

Unit-VI. Citizenship Participation

A. Discuss the reasons laws are made

1. some laws protect the citizen from personal injury
   a. rape
   b. murder
   c. assault
2. some laws protect the citizen from property damage
   a. robbery
   b. defacing property
   c. trespassing
3. some laws regulate pransportation
   a. speed limits
   b. traffic control lights and signs
4. some laws regulate the economy
   a. tax laws
      1) sales tax
      2) excise tax
      3) income tax
   b. wage-price control laws
   c. government budget control laws
5. some laws are created to control the workings of the democratic system
   a. laws concerning voting and representation
   b. laws concerning checks and balances in the government
   c. laws concerning workers unions
   d. laws concerning civil liberties

e. laws included in local charters and state and federal constitutions

f. conscription laws

B. Discuss how laws effect each citizen

1. recognize that each indiviual citizen has the responsibility of constructive participation in the democratic society

a. each member of society must abide by its rules

b. each member of society should encourage other citizens to uphold the values of society

c. each citizen has the responsibility to be aware of the laws that affect his life and changes in these laws

2. recognize that the citizen has the responsibility to become involved in governmental decision making

a. every citizen should exercise his right to vote

b. only registered party members are allowed to vote in primaries

c. the citizen has the right to contact his elected representatives to voice his opinions

d. each citizen has the responsibility to participate in local government functions

3. recognize that laws regulate the citizen's behavior

C. Discuss the functions of the democratic system
   1. "once man - one vote"
   2. selectmen and city councils and mayors are elected to serve the communities
   3. congressmen and senators are elected to serve the needs of the state within the federal government
   4. governor and state officials are the administrators of state government
   5. the president and his cabinet administrate policies on a national and international basis

D. Review the Bill of Rights for purposes of understanding the basic rights of American citizens

Unit-VII. Money and Financing

A. Discuss the importance of careful use of one's income

1. not overestimating family income
2. not underestimating expenditures
3. long-term planning
4. not too many fixed expenses
5. agreement among family members concerning spending practices
6. good buymanship
   a. taking advantage of sales for needed items
   b. knowing what time of year to purchase needed items
      1) January white sales
      2) pre-season and post-season sales
   c. buying less expensive item when choice is available
   d. avoiding unnecessary purchases
   e. finding best quality for lowest prices
7. avoiding high-interest debts

B. Discuss the importance of careful budgeting

1. establish goals for financial security
2. make a plan for spending based on those goals
3. put the plan into action
4. evaluate the action periodically in terms of goals
5. modify plan if necessary, based on this evaluation

C. Discuss credit

1. purposes of establishing credit
   a. demonstrates individuals financial responsibilities
   b. valuable aid in emergencies
   c. useful when relocating to new area
2. advantages of credit
   a. necessary large expenditures
      1) automobile
      2) large appliances
   b. taking advantage of many items on sale
   c. convienience for regularly purchased necessary items
3. disadvantages of credit
   a. if possible, don't buy on time
   b. unnecessary fixed expenses
   c. misuse of credit leads to careless use of income
   d. credit card can tempt buyer into purchasing items he cannot afford
   e. high interest rates can defeat the purpose of buying on sale

D. Discuss loans

1. advantage of loans
   a. means of purchasing large items
   b. an aid during financial difficulties
   c. valuable aid to many business expenses
2. disadvantages of loans
   a. can be an unnecessary fixed expense
   b. if not properly used, loans can seriously harm financial stress

3. places to get loans

a. credit unions have lowest interest rates

b. bank loans have lowest interest rates of public lending institutions

c. loan companies and private lenders tend to have very high interest rates

E. Discuss banking

1. savings accounts

a. very helpful in conserving income

b. interest rates are higher at savings institutions than at full service banks

c. credit unions offer highest interest rates

d. savings clubs

1) valuable for short-term planning

2) can be helpful for Christmas, vacations, etc.

e. high interest (90-day notice) accounts are helpful for long-term planning

f. "automatic savings" can be useful in budgeting

g. NOW accounts do not save money over checking accounts

2. checking accounts

a. valuable aid to bill payment

1) legal proof of payment

2) valuable aid to record keeping

b. most banks have varieties of checking accounts

1) personal checking

2) joint checking

3) special "free-checks" accounts

4) automatic savings

5) automatic loan

c. can be dangerous if not fully understood

1) checkbook must be balanced in order to keep an accurate record of spending

2) amount of check must be covered by cash in the bank

F. Discuss various types of health insurance and its uses

1. hospitalization insurance - hospital benefits can be provided to help meet part or all of hospital costs
2. surgical insurance - benefits of surgery provide payment to a predetermined schedule of fees
3. general medical insurance - this protection provides for nonsurgical expenses such as the physicians calls at home or hospital or the patients visits to the physicians office
4. major medical expense insurance - benefits provide protection against the large costs of serious accident or prolonged illness
5. comprehensive major medical expense insurance - this is a combination plan that provides both basic and major medical protection
6. income protection insurance - a loss-of-income policy (sometimes called accident and sickness indemnity or disability insurance) provides cash benefits according to the policy during the time the wage earner is out of work because of illness or accident

G. Discuss the Social Security program and whom it benefits

1. social security is a form of social insurance that shares the cost and spreads the risk among many workers
2. social insurance
   a. old age, survivors, and disability insurance
   b. unemployment insurance
3. public assistance to the needy
   a. old age assistance
   b. aid to the blind
   c. aid to dependent children
   d. aid to the permanently and totally disabled
4. childrens services
   a. maternal and child health services
   b. services for crippled children
   c. child welfare services

H. Discuss the fundamentals of automobile buying

1. accumulate knowledge about:
   a. rate of depreciation and best buying times
   b. dealer reputation, reliability and service
   c. the advantages, disadvantages and costs of engines, transmissions, and power equipment, extra cost equipment, big and little cars
   d. on the lot, on the read and "shop" tests for used cars
   e. automobile insurance - coverage, costs, legal requirements, and agencies

f. kinds, costs, and terms of credit

g. federal and state regulations of contracts and credit purchases

2. bear in mind:

a. for whom and how the car will be used

b. the price you can afford to own and operate a car

c. whether you want prestige or economy in a car

3. compare the costs

a. the base price and the trade-in allowance for your present car, the cost of each item of expra equipment

b. the dollar costs of credit

c. the cost and coverage of automobile insurance

I. Discuss renting a dwelling

1. what the lease should contain

a. length of the lease

b. amount of the rent

c. amount of notice to be given to the landlord before moving or vacating the premises

d. the date the rent is due and to whom it should be paid

e. the nature of the payment for rent, such as check or cash

f. whether a tennant can sublet the apartment if he must vacate

g. the amount of security or advanced payment that must be made

h. who maintains the property and makes normal repairs

2. what the rentor should question

a. can the rooms be adapted to my needs?

b. are room and wall spaces large enough for my furniture?

c. is there space for laundry purposes?

d. what are the maintenance costs of electricity, gas, water, telephone?

e. is the community to my liking?

f. is the schooling within reasonable distance?

J. Discuss buying a house

1. discuss some basic steps

a. check on the reputation of the builder and investigate whether the house was built in compliance with the local building codes.

b. check the income level of the community - community activities tend to operate at a level related to the average family income in the community

c. check the nearby industry - is it likely to improve the community, detract from the community, or in other ways adversely affect the value of the property?

2. discuss the financial aspects of buying

a. 10% of house value for down-payment

b. mortgage - a loan with a house as security

c. scurces of mortgages

1) banks

2) savings and loan companies

3) life insurance companies

d. terms of mortgage

1) amount of money borrowed

2) period for which the money may be borrowed

3) rate of interest on the loan which varries considerably in different parts of the country, at different times, and according to the credit rating of the individual or family who wish to borrow money

Unit-VIII. Vocational and Occupational Needs

A. Discuss finding a job

1. list the various reasons why it is necessary for a person to work in this society
   a. to provide the basic needs of life such as food, clothing, and shelter
   b. security
   c. societal approval and personal satisfaction
   d. providing luxuries and entertainment
2. discuss the questions students should ask themselves when considering a job or career choice
   a. what kinds of jobs am I capable of doing?
   b. what types of job would I like to have?
   c. what are my weak areas and what are my strong areas?
3. discuss with the student the various occupations and jobs which are within their capabilities and where the jobs may be found
   a. restaurants, cafeterias
      1) cook
      2) baker
      3) cook's helper
      4) dishwasher
      5) busboy
      6) waiter, waitress
      7) cashier
   b. construction
      1) painter
      2) carpenter

c. garages, gas stations, and auto-body shops

1) mechanic

2) mechanic's assistant

3) body work

4) service station attendant

5) car wash

d. laundries

1) delivery and pick-up

2) cleaning of garments

e. maintenence and custodial work

1) rug cleaning co.

2) floor cleaning co.

3) dry cleaners

f. retail and department stores

1) cashier

2) sales

3) delivery

4) stock

5) detective

g. factories

1) assembly or "piece" work

2) machine operator

3) laborer

4) watchmen

h. hospitals and nursing homes

1) nurses aide

2) kitchen worker

3) ambulence aide

4) central supply aide

5) housekeeper

6) janitor

i. hotels and motels

1) chambermaid

2) maintanence

3) desk clerk

4) kitchen worker

5) doorman

j. domestic

1) watchman

2) handyman

3) care-taker

4) babysitting

5) cleaning

6) cooking

k. farms - seasonal or year-round work

l. gardening and nursery work

1) landscaping

2) nursery assistant

m. business

1) file clerk

2) messenger or runner

4. discuss various ways and means of finding a job

a. want ads

b. state employment agency

c. private employment agency

d. inquiring of relatives and friends

e. state rehabilitation commission - if the student is unskilled he may be eligable for a training program

5. applying for a job

a. personal appearance

1) student should always be neat and clean when applying for a job

2) student may dress in what he would wear on the job

b. what the student might need on his person when he applies for a job

1) birth certificate

2) Social Security card

3) working papers (if under 18 years of age)

c. where might the student be going when applying for a job?

1) employment office

2) personnell office

d. review filling out job applications

e. discuss proparation for job interviews

1) grooming and personal appearance

2) punctuality

3) manners

4) anticipating questions that might be asked by the interviewer

5) questions the student should ask the interviewer concerning the job

B. Discuss holding a job

1. obligations of the employer to his employees

a. employer should treat his employees with respect

b. employer should provide safe and clean working conditions for his employees

c. employer should allow airing of grievences by employees via suggestion box, discussions or through a union

d. employer should give advance notice (if possible) of overtime expected of the employee and provide compensation for overtime work

e. employer should encourage advancement within the company

f. employer should provide workmen's compensation

g. employer should provide pension or retirement plans

h. employer should inform employees of possible future lay-offs or shut-downs

i. employer must provide job re-instatement after completion of military service, and time off for National Guard duties

2. obligations of the employee to his employer

a. punctuality

b. reliable transportation

c. being prepared

1) employee should not let personal or emotional problems interfere with his job performance

2) employee should be alert and in good health so he can perform at his optimum level of efficiency

d. employee should follow directions given to him and comply with rules and regulations

e. employee should make his best possible effort to get along with fellow workers

f. employee should always notify his employer (in advance if possible) it he is going to miss work due to illness or for other reasons

g. employee should be willing to work a reasonable amount of overtime when it is necessary

h. employee should not over-extend his break periods

C. Discuss the decision of a job as a career choice

1. employee should discuss a job's advantages and disadvantages before making a decision

2. employee should evaluate as accurately as possible his performance at the job and his future potential if he remains

3. he should investigate the possibilities for advancement and further training

4. employee should give adequate notice to his employer before leaving

5. he should make sure he has another job to go to once he leaves his present position

D. Discuss the various ways in which workers are protected by laws and labor unions

1. federal, state and local governments have laws which protect the worker
   a. minimum wage laws
   b. child labor laws
   c. anti-discrimination laws
   d. right to form unions
2. labor unions
   a. explain that a union is a group of workers organized to protect themselves from unfair practices
   b. recognize that a labor union functions like a democratic society
   c. explain the mechanics of labor strikes
3. benifits a union tries to secure for its members
   a. better wages
   b. better working conditions
   c. job security
   d. having a voice in hiring practices and promotional policies
   e. increased protection for employees in the form of medical insurance, renewal plans, etc.
   f. increased fringe benifits
4. discuss the union member's role and his rights as a union member
   a. union member should attend union meetings so that he will be aware of the union's activities
   b. union member should vote on all proposals

that are put to a vote

c. he must abide by union decisions

5. Social Security

a. Social Security is a savings plan for retirement and insurance against disability and death

b. discuss how social security premiums are paid

1) deductions are taken out of the workers pay for Social Security

2) employer matches the deduction taken out of the worker's pay

3) self-employed individual pays for Social Security when he pays his income tax

c. discuss the collection of Social Security benifits

1) retirement at age 65

2) survivors of dead workers

a) children under 18

b) widow with children under 18

c) widow at retirement age of 62

3) disability - disabled worker may begin collecting six months after he is disabled

d. how to obtain a Social Security card

1) get an application form from the local post office

2) mail the completed application to the nearest Social Security office

3) follow same procedure if card is lost

Unit-IX. Drug Abuse

A. Define and discuss the major types of drugs

1. depressants

a. alcohol most common

b. barbiturates

c. tranquilizers

d. glue sniffing

2. narcotics (habit forming drugs)

a. heroin most widely used

b. opium

c. morphine

d. synthetic opiates

1) merpidine

2) methodone

e. cocaine

1) pharmacologically not narcotic

2) legally considered and controlled as narcotic

f. marijuana

1) pharmacologically not narcotic

2) not narcotic under Federal law, but some states consider it narcotic

3. stimulants

a. amphetamines

b. methamphetamine ("speed")

c. phenmetrozine (Predulin)

d. methylphenidate (Ritalin)

e. cocaine

f. mild stimulants such as caffeine and nicotine

4. hallucinogens
   a. LSD
   b. DMT
   c. STP
   d. mescaline
   e. peyote
   f. psylocibin

B. Discuss the problems of drug addiction
   1. it is impossible to become addictued to any drug after only one use
   2. emotional dependence can occur to drugs which can be as harmful as physical addiction
   3. drug addiction is not restricted to any age group or socio-ecconomic level.
   4. drug addiction can result in a veriety of physical disorders
      a. hepititis from dirty needles
      b. vecrotizing angiitis from overuse of amphetamines
      c. physical deterioration from malnutrition
      d. ulcers, liver and brain deterioration from alcohol abuse
      e. lung cancer and heart disease from smoking
      f. abuse of drugs can cause death
   5. drug addiction may lead to serious personality maladjestments
      a. accute paranoia from amphetamines and hallucinogens
      b. total personality deterioration may result from

addiction to narcotic drugs

c. temporary and permanent schizophrenia may result from overuse of hallucinogens

6. drug addiction can create severe strains on the family and other relationships

a. overuse of drugs can cause a personality change which may affect the quality of a personal relationship

b. the expense of drug addiction can cause serious problems in a marriage

c. drug abuse may cause a change in the life-style of the user which could cause him to disregard relationships which he previously held in high esteem

7. most types of drug abuse are illegal, and conviction on drug charges could seriously affect the future goals of the user

C. Discuss the use of marijuana

1. marijuana is illegal and involves severe penalties for convicted users and sellers

2. marijuana is not narcotic, but a psychological dependance may develope

3. overuse of marijuana may lead to other forms of drug abuse

4. overuse of marijuana may cause psychological problems

a. changes in personality can develope which may

cause problems for an insecure person

b. a change in attitudes may result which could affect the personal relationships of the user

c. changes in the lifestyle of the user can cause confusion and personality maladjustment when re-defining the self

5. in most cases, use of jarijuana does not lead to serious problems

D. Discuss alcoholism

1. alcoholism is the major form of serious drug abuse today

2. alcohol is physically addictive

c. abuse of alcohol can result in serious physical disorders

a. liver deterioration

b. peptic ulcers

c. brain deterioration

4. abuse of alcohol can aggrivate existing physical problems

5. alcoholism can result in personality disorders

a. a change in personality may result which can cause a strain on the personal relationships of the user

b. the expense of alcoholism can create a strain on the user's marriage and family

c. a change in lifestyle may occur which could be incompatible with the goals of the user

d. abuse of alcohol can lead to severe and destructive depression

6. withdrawl from alcoholism is more severe than with any other drug

a. delerium tremens

b. violent restlessness and trembling

c. hallucinations

d. abrupt withdrawl can cause death

E. Discuss the help available to drug addicts

1. rehabilitation centers

2. hospital drug clinics

3. group councelling (such as Alcoholics Annonymous)

4. drug information centers

5. half-way houses

Unit-X. Human Development

A. Discuss growing up - boyhood to manhood

1. during teens, body and ideas change

a. muscles grow larger and stronger

b. awkwardness may occur because of rapid and uneven growth

c. interest in girls arises

d. hair grows on face and body

e. skin blemishes may appear

f. voice changes

g. genitals grow rapidly

2. problems of teenage boys

a. erections - caused by blood rushing to penis; there is no need to feel ashamed

b. nocturnal emissions ("wet dreams") - body's way of getting rid of excess sperm; there is no need to feel ashamed

c. masturbation - old tales are false, masturbation is not physically damaging. genital play in public is not accepted by society

d. homosexual activities - many boys experiment. should be avoided while growing older because it may lead to unhealthy habits and attitudes. Society frowns on homosexuals

e. peer-pressure for pre-marital intercourse

1) intercourse is healthy and a sign of love between a man and a woman

2) many teenagers are not ready to assume the responsibilities that can arise from pre-marital intercourse

3) girls can lose reputation and respect

4) can cause venereal disease if proper precautions are not taken

B. Discuss growing up - girlhood to womanhood

1. during teens, body and ideas change

a. body becomes taller and heavier

b. breasts grow and figure becomes more rounded

c. hair grows on body

d. skin blemishes appear

e. interest in boys arises

f. menstruation begins

2. menstruation

a. why women menstruate

1) menstruation is natures way of preparing the female body for womanhood

2) about once a month a mother cell (or egg) leaves the ovary and travels toward the womb

3) the womb has acquired a coating of blood and tissue to nourish a fertilized egg.

4) if the egg has not been fertilized, it leaves the body along with the extra blood and tissue

5) this flow is called menstruation

b. facts on menstruation

1) girls in the U.S. usually start at 12 or 13 years of age, although many girls start earlier or later

2) onset of period varries from every 23 days to 30 days

3) periods in young girls may be erratic at first

4) women usually stop menstruating between 45 and 50, but many stop earlier or later

5) young girls who think something is unusual about their menstruation should talk with their mother or the school nurse

6) menstruation may cause some discomfort but much of this may be due to unnecessary worry

c. bodily care during menstruation

1) many commercial products are available for help during menstruation

2) cleanliness is very important

3) keep under and outer garments clean

4) stick to normal routine; avoid extremes

5) extreme exercise, illness and unnecessary worry may interupt or speed up the flow, throwing body systems off balance

6) menstruating is a normal thing and should not be treated as loathsome or a burden

d. times to consult mother, nurse, or doctor

1) if severe cramps occur

2) if menstruation is always irregular

3) if flow occurs between periods

4) if flow continues more than a week

5) if menstruation has been irregular, and there is a sudden skip in periods

C. Discuss venereal disease

1. causes and facts

a. caused by a germ

b. can be acquired only by having intercourse with someone who has the disease

c. not possible to go into a drugstore and buy a medicine off the shelf that will rid V.D. quickly and discretely

d. a person is not immune to V.D. if he got rid of it once

e. if symptoms have gone the disease is not necessarily gone

2. types of venereal disease

a. syphilis - sore appears on infected area - sore may disappear but infection is spreading - can cause insanity, paralysis, heart disease and death if not treated

b. gonorrhea - "clap" - swelling of organs - discharge of puss and some pain - can

cause blindness and sterility

3. what one could do if he thought he had V.D.

a. inform parents

b. go to a doctor or clinic immediately. doctors can cure V.D. with drugs, parents need not be informed in many states

D. Discuss birth control

1. couples frequently want to put off having children without giving up their need for sexual intercourse; discuss contraceptives and natural ways of practicing birth control

a. oral contraceptive (the pill) - requires a physicians prescription. Taken independently of the time of intercourse and prevents conception by stopping ovulation

b. diaphragm - cup like device made of rubber that fits in vagina, thus blocking sperm from entering the uterus. It is fitted into the vagina before intercourse. The woman fills the diaphragm with a jelly or cream as a lubiricant

c. condom - a long sheath made of very thin rubber that fits over the penis. Sperm collects in the condom and is prevented from entering the vagina

d. intrauterine devices (IUD) - these are coils or loops that are inserted into the

uterus before intercourse. Prevents egg from implanting into uterine wall

e. foams, jellies and creams - spermicides (chemicals that kill sperm) in the form of dissuluable tablets, boams, jellies, creams and vaginal suppositories are inserted into the vaginal opening just before intercourse

f. rhythm method - the rhythm method is based on the fact that a woman can conceive for only a few days during her menstrual cycle, and that abstaining from intercourse during this time may prevent impregnation

2. recognize that none of these precautions are totally foolproof

3. alternatives available in case of unwanted pregnancy

a. giving child up to adoption

b. rearranging lifestyle to meet circumstances

1) unplanned marriage

2) single parent

3) making an agreement with relatives to take the baby

c. theraputic abortion

Unit-XI. Marriage and the Family Unit

A. Discuss each student's role in his family

1. students' definition of family

a. review variations of definitions

b. develcpe the understanding that there is no ideal family unit which is suitable for every individual

1) an ideal family unit is a matter of personal choice

2) each individual should tolerate variations in family structure

2. students' relationship to parents

a. awareness of parental influence on child's personality

b. awareness of feelings toward parents and visa-versa

1) feelings of child toward the way his parents deal with their roles

2) feelings of child toward the way he deals with his role

c. awareness of the two-way responsibility between parents and child

3. students' relationship to siblings

a. awareness of siblings influence on personality

b. awareness of feelings toward siblings and visa-versa

c. awareness of the two-way responsibility between siblings

B. Discuss possible variatiations of the family unit

1. single parent family
2. conventional family
3. unmarried family
4. second marriage family
5. foster family
6. adopted family
7. ethnically mixed family
8. racially mixed family
9. group marriage
10. unisex marriage
11. contract marriage

C. Discuss the reasons for getting married

1. mature reasons
   a. love
   b. companionship
   c. sexual outlet
   d. security
   e. children
   f. understand that none of these reasons are good enough by themselves, but all should exist together to form a genuine desire to share one's life with another person
2. immature reasons
   a. seeing marriage as a solution to problems
   b. using marriage to escape the home environment
   c. mistaking sex for love
   d. social climbing
   e. desiring a change in identity through role in marriage

f. parental pressure

D. Discuss preparations for marriage

1. marriage as a contract

a. marriage liscence

b. period between liscence application and marriage

c. blood test requirements

d. legal requirement for minor to obtain parental permission prior to marriage

e. aside from legal aspects, there are emotional and moral obligations to each partner

1) emotional security

2) emotional support

3) allowance for independance within the context of the emotional commitment

4) each partner must uphold the responsibilities of the matrimonial vows

2. marriage as a ceremony

a. difference between civil ceremony and religious ceremonies

b. receptions and other means of announcing the marriage

c. formalities of the ceremony

1) Emily Post, Amy Vanderbilt and other authors

2) announcements, RSVP notes, requests and other formalities

E. Discuss adjustment to marriage

1. realize that each partner will have characteristics which may antagonize the other

2. realize that personal traits will not change because of love or marriage
3. recognize that both partners must agree upon and work together toward common goals in marriage
4. realize that arguments and disagreements occur even in "perfect" marriages

F. Discuss marital problems
1. money as a source of problems
a. purchasing expensive items not needed by the family
b. spending money on personal pleasure instead of saving for future needs
c. spending money carelessly out of spite or to relieve emotional depression
2. in-laws as a source of problems
a. criticizing in-laws
b. bringing personal problems to parents instead of partner
c. failing to discourage parents from interfering in family matters
3. problems in marital social life
a. expecting wife to accept boring routine
b. planning personal activities without consideration for husband or wife
c. belittling partner to friends; being discourteous to partner in public or private; showing less attention to partner than to other people at a party

4. background differences that could cause problems
   a. discouraging partner form participating in religous practices
   b. disregarding manners or courtesies held in high esteem by partner
   c. expecting partner to duplicate services of mother or father
   d. difficulties may result when the family's standard of living is affected by changes in income
5. problems caused by drinking and drug abuse
   a. financial aspects of drug abuse and overuse of alcohol
   b. drug abuse may involve personality changes which could alter family relationships

G. Discuss marriage counselling and other helping agencies
   1. become familiar with the various kinds of counselling available
      a. free counselling centers are available in most communities
      b. clergymen can be a useful source of help.
      c. family counselling services
      d. mental health centers
   2. realize that an agreement must be made by both partners to obtain help
      a. agree upon the source of problem
      b. determine which agency can best meet the needs

3. recognize that helping agencies are of no value unless there is a genuine desire to be helped

H. Discuss the responsibilities of parenthood

1. recognize the financial obligations of parenthood
   a. obstetricians, maternity hospitals and pediatricians are very expensive
   b. savings and insurance for future needs of children is essential
2. recognize the need for family unity through communication
   a. making oneself available to the family
   b. spending time together as a complete family unit
   c. being aware of the stages of child development and the problems they can involve
3. child rearing practices
   a. both parents must agree on common child rearing practice
   b. parents should be consistent in their discipline
   c. discuss different methods of child rearing

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